

FORGING THE FUTURE:



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Friday FACTS

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30 May 2003

"Leadership, Partnership, and Championship"

Sleep apnea

Overview

Have you been told that you snore loudly? Do you wake up with a headache? Are you sleepy during the day?

If so, you may have sleep apnea. Sleep apnea is a potentially serious disorder in which breathing repeatedly stops and starts during sleep. *Apnea* is Greek for "without breath."



Sleep apnea occurs in two types:

- **Obstructive sleep apnea.** This type of sleep apnea is the more common of the two. If you have this condition, the muscles in the walls of your throat (pharynx) relax while you sleep so that the walls collapse on themselves and obstruct the flow of air. After 10 to 30 seconds or more of no air exchange, you rouse to a lighter level of sleep or brief wakefulness. The muscles then regain their normal tone (tenseness), the obstruction is relieved and you breathe again. If you have obstructive sleep apnea, you may not be aware that your sleep was interrupted. In fact, many people with this type of sleep apnea think they sleep well all night.
- **Central sleep apnea.** In this type of sleep apnea, your brain fails to send proper signals to the muscles that control breathing. When breathing is interrupted, the level of carbon dioxide in your blood rises, which may cause you to awaken. People with central sleep apnea are more likely to remember awakening than are people with obstructive sleep apnea.



More than half of all cases of sleep apnea are diagnosed in people 40 years of age or older. The condition also is more common in men than women and is a major contributor to daytime drowsiness. Thirty percent to 60 percent of people with severe daytime sleepiness have sleep apnea.

The most common signs and symptoms of sleep apnea include:

- Excessive daytime sleepiness
- Loud snoring, although sleep apnea can occur with no snoring
- Observed episodes of breathing stoppage during sleep
- Awakening with a dry mouth or sore throat
- Morning headache

Source: MayoClinic <http://www.mayoclinic.com/invoke.cfm?id=DS00148&si=1464>

Make a Difference for an Elder -

One Hug at a Time

It is a sad reality that the elder men and women who live in our community senior care and



residential facilities are often lonely, depressed and forgotten. A simple hug can bring much joy to them.

Consider visiting a senior care facility in your community, getting to know an elder, and sharing a hug.

Proper hug etiquette also known as "the rules to safe hugging" are:

- * Always be respectful of others, not everyone is a hugger.
- * Ask permission before sharing a hug.
- * There is a difference between a friendly, compassionate hug and a passionate embrace, please hug accordingly.
- * A hug is a gentle embrace, not the Heimlich maneuver.
- * Be "in the hug," don't simply go through the motions.

Our elders need our caring and respect. You can make a difference one hug at a time.

Source: Hugs 4 Health Foundation,
www.hugs4health.org.

"Great crisis produce great men and great deeds of courage."

- John F. Kennedy